

**NATFAN: Women
State Agency Report
Pre-Food Package Rollout Questionnaire
Fall 2009**

State: Connecticut

Number of participants who completed part or all of the questionnaire: 474

Number of participants who completed the English version: 377

Number of participants who completed the Spanish version: 97

Table of Contents

Introduction.....	3
Demographic Information	4-5
Milk	6-8
Beverages	9
Fruits and Vegetables.....	10-12
Grains.....	13-15

List of Charts

Chart 1. Quantity of Milk Consumed.....	6
Chart 2. Type of Cow's Milk Consumed	7
Chart 3. Willingness to Drink 2%, 1%, or Skim Milk.....	8
Chart 4. Frequency of Fruit and Vegetable Consumption.....	10
Chart 5. Frequency of Corn, Whole-Wheat, and White Flour Tortilla Consumption.....	14
Chart 6. Frequency of White Bread and Whole-Wheat or Whole Grain Consumption.....	15

Introduction

Notes for WIC agencies in reading and interpreting the NATFAN Pre-Food Package Rollout Questionnaire Results:

The NATFAN pre-rollout questionnaire was administered to over 71,000 WIC participants in 52 programs representing 39 states, 11 ITOs, Washington DC, and one US Territory. WIC programs distributed this questionnaire between November 2008 and September 2009, prior to the implementation of the new food package.

The results in this report capture a “snapshot” of the consumption and food frequency patterns of WIC participants *prior to* the new food package rollout based on a *sample, not every participant*. You may want to compare the questionnaire responses with the most recent certification reports to make sure that the sample group is similar to the overall participant makeup.

These results reflect all of the *completed* questionnaires for your program (please see sample sizes on page 1). Blank or refused surveys were not included in these results.

The totals for each question may not match the number shown on page 1. Not every participant who completed the questionnaire responded to all questions, so the results for each item reflect only those who answered that question. The letter “*n*” denotes the total number of participants who answered the question.

This report is designed to help you evaluate the impact of the new WIC foods on your WIC program and to help you plan and provide the best possible nutrition education services for your participants. You may be interested in comparing your program’s results with the aggregate national data. If you have any questions about this report, please contact Rachel Condie at rcondie@tamu.edu or 979-458-2679 or Asha Girimaji at asha.g@tamu.edu or 979-862-2213.

We appreciate your participation in this project!

Demographic Information

Participant Status

WIC participants reported the following information:

1. 70% of 413 participants received WIC foods for themselves in the past 30 days.
2. 45.9% of 416 participants were pregnant.
3. 42.1% of 418 participants had a baby within the last six months.
4. 20.8% of 409 participants were breastfeeding.

5. What is your age?	# of Participants	%
17 or younger	17	4.6
18-23	147	39.9
24-29	114	31.0
30-34	57	15.5
35 or older	33	9.0

n=368

6. What is the highest level of education you have completed?	# of Participants	%
1 st to 6 th grade	10	2.5
7 th to 9 th grade	22	5.5
10 th to 12 th grade	80	19.9
High School graduate / GED	149	37.1
At least some college	141	35.1

n=402

2009 NATFAN Questionnaire (Demographic Information)
Local Agency Report

7. What language is spoken most often at home?	# of Participants	%
English	234	58.9
Both Spanish and English	87	21.9
Spanish	63	15.9
Other	13	3.3

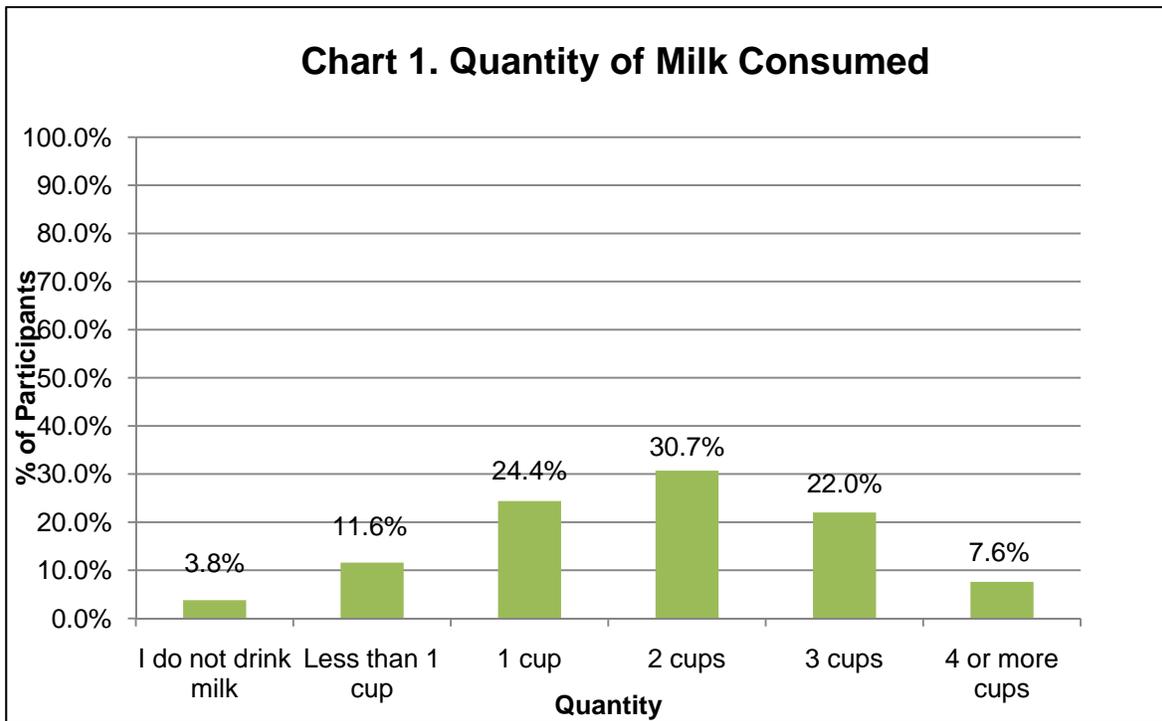
n=397

8. What is your race?	# of Participants	%
White, non-Hispanic	123	26.0
White, Hispanic	97	20.5
Black, non-Hispanic	80	16.9
Black, Hispanic	28	5.9
Native American, non-Hispanic	3	0.6
Native American, Hispanic	16	3.4
Pacific Islander, non-Hispanic	8	1.7
Pacific Islander, Hispanic	2	0.4
Asian, non-Hispanic	9	1.9
Asian, Hispanic	2	0.4
Other	33	7.0
I do not want to answer	11	2.3

n=474

Participants were asked the following question about milk consumption. Their response to this question is displayed in Chart 1.

9. How many cups of milk do you drink in a day?



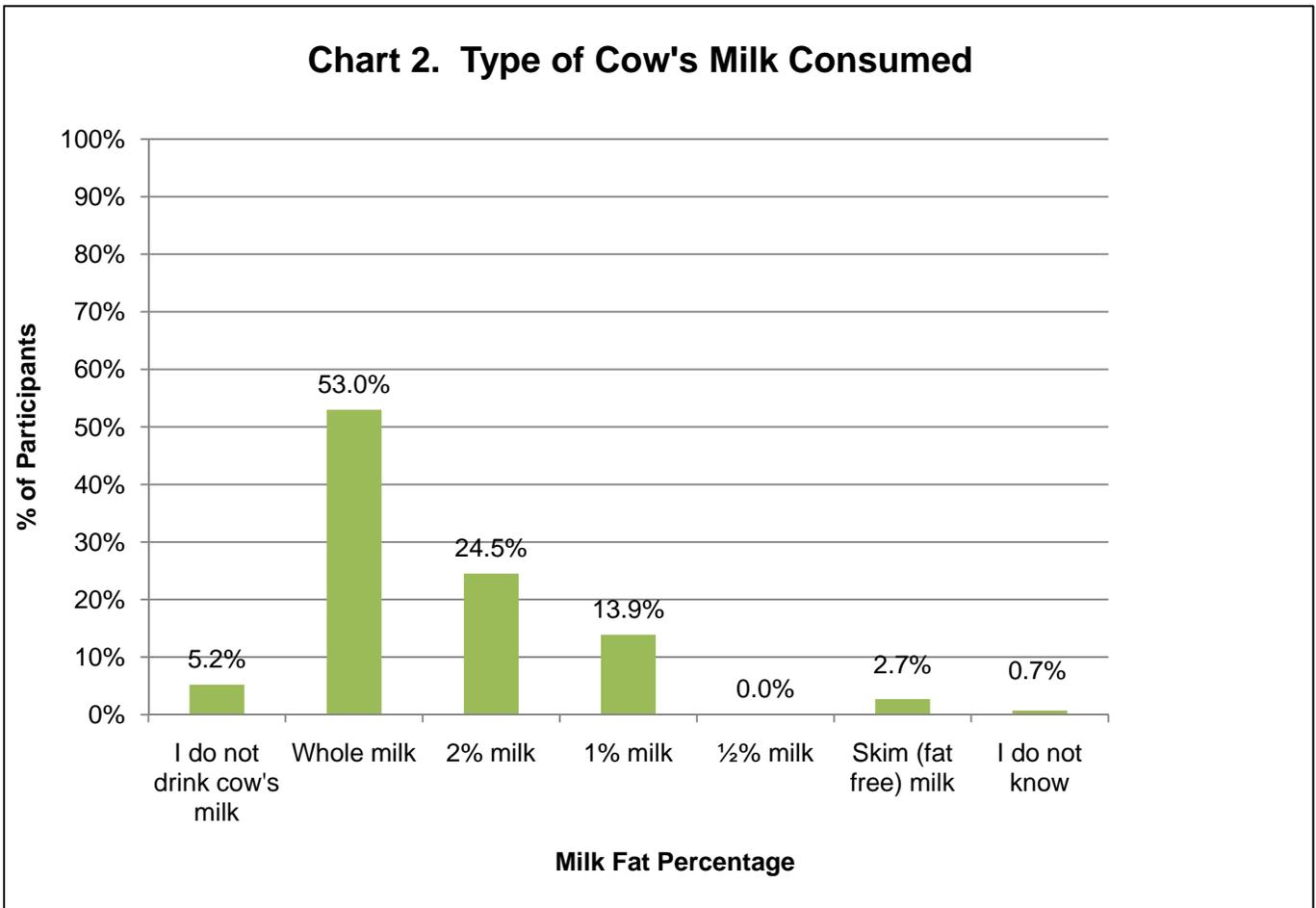
n = 423

10. What kind of milk do you drink most often?	# of Participants	%
I do not drink milk	15	3.6
Cow's milk	365	88.6
Lactaid or lactose free milk	20	4.8
Soy milk	11	2.7
Goat's milk	0	0.0
Rice milk	1	0.2

n=412

Participants were asked about the type of cow's milk consumed. Their response to this question is displayed in Chart 2.

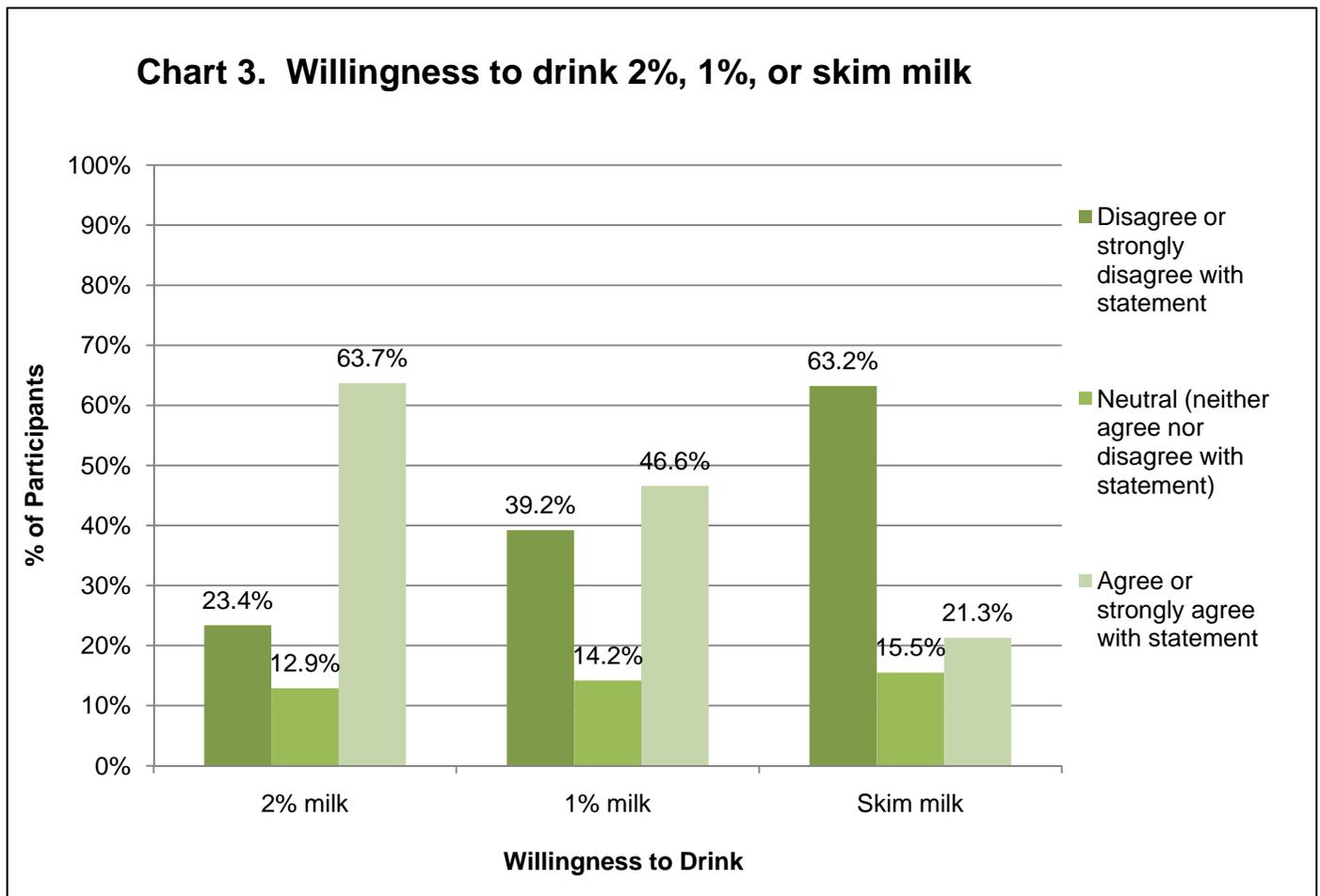
11. What type of cow's milk do you usually drink?



n = 404

Participants were given the following statements about milk selections and were asked to rank how strongly they agreed or disagreed. The statements and results are shown below:

- 12. I am willing to drink 2% milk.
- 13. I am willing to drink 1% milk.
- 14. I am willing to drink skim milk.



n = 410 for question 12, n = 401 for question 13, and n = 399 for question 14

Beverages

Participants who answered questions about beverage consumption reported the following:

15. How often do you do the following?	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Drink 100% juice such as orange, apple, or tomato. n = 427	25 (5.8%)	114 (26.7%)	57 (13.4%)	54 (12.6%)	69 (16.2%)	57 (13.4%)	51 (11.9%)
Drink soy milk. n = 424	365 (86.1%)	17 (4.0%)	6 (1.4%)	12 (2.8%)	10 (2.4%)	10 (2.4%)	4 (0.9%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n = 426	220 (51.6%)	113 (26.5%)	24 (5.6%)	24 (5.6%)	26 (6.1%)	11 (2.6%)	8 (1.9%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n = 420	116 (27.6%)	140 (33.3%)	47 (11.2%)	36 (8.6%)	41 (9.8%)	20 (4.8%)	20 (4.8%)

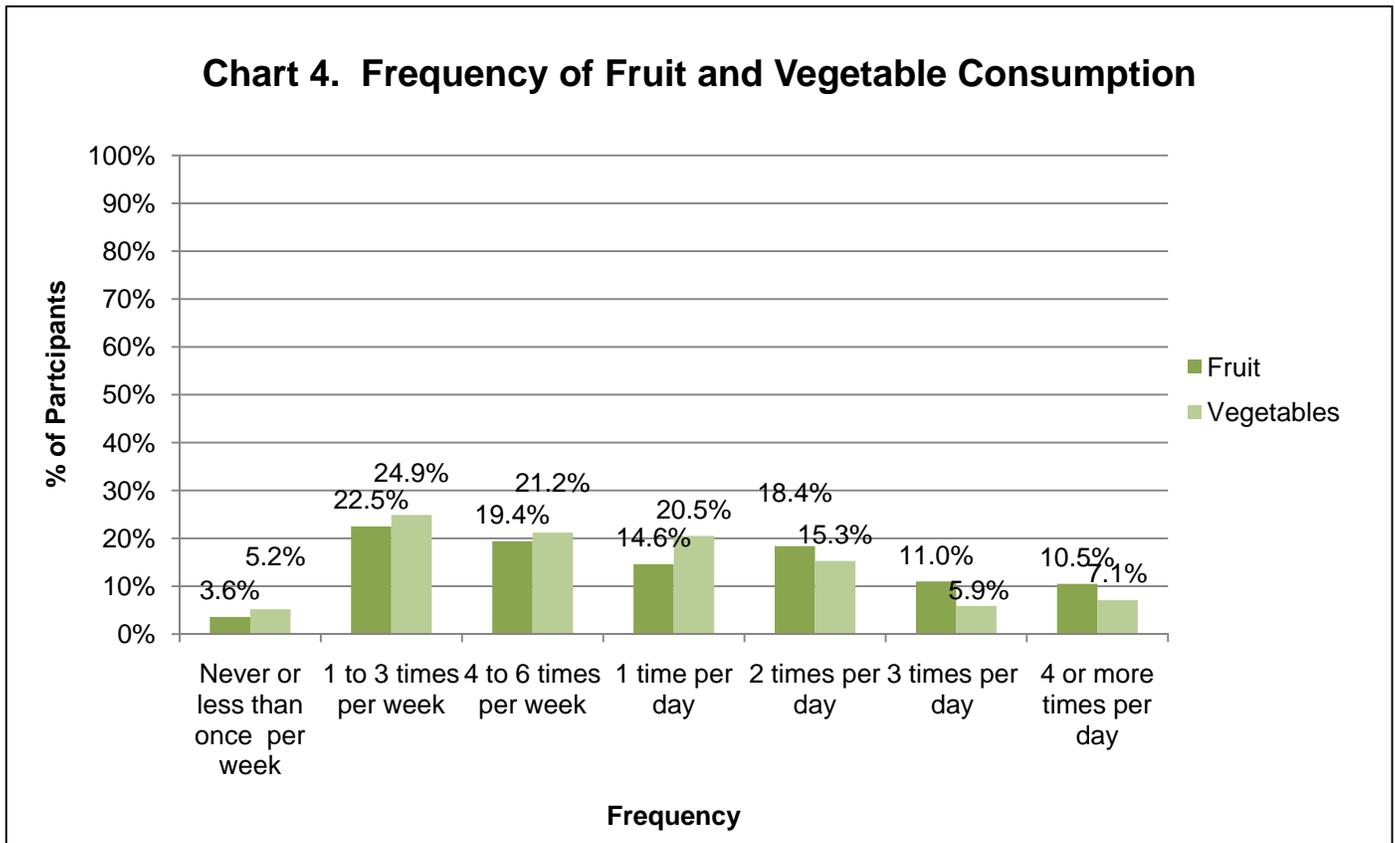
(Note: Percentages taken from total number of participants who responded to each choice.)

Fruits and Vegetables

Participants were given the following two questions about fruit and vegetable consumption. The responses are displayed in Chart 4.

16. How often do you eat fruit? This does not include juice.

17. How often do you eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.



n = 418 for question 16 and n = 425 for question 17

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Local Agency Report

18. During the past year, which fruits did you usually eat?	Selected	
	# of participants	%
I do not eat fruit	5	1.0
Apples	365	77.0
Apricots (fresh)	31	6.5
Apricots (dried)	18	3.8
Bananas	373	78.7
Berries (blueberries, blackberries, raspberries)	171	36.1
Melons (cantaloupe, honeydew)	258	54.4
Cherries	242	51.0
Dates	15	3.2
Figs	22	4.6
Grapefruit	111	23.4
Grapes	366	77.2
Kiwis	158	33.3
Lemons or Limes	136	28.7
Mangos	238	50.2
Nectarines	107	22.6
Oranges	333	70.2
Papaya	81	17.1
Peaches	234	49.4
Pears	199	42.0
Pineapple	294	62.0
Plums	186	39.2
Prunes	42	8.9
Raisins	124	26.2
Rhubarb	11	2.3
Strawberries	343	72.4
Tangerines	163	34.4
Watermelon	312	65.8
Other	17	3.6

2009 NATFAN Questionnaire (Fruits and Vegetables)
Local Agency Report

19. During the past year, which vegetables did you usually eat?	Selected	
	# of participants	%
I do not eat vegetables	5	1.0
Asparagus	80	16.9
Avocados	187	39.4
Beets	49	10.3
Broccoli	339	71.5
Brussels Sprouts	36	7.6
Cabbage	211	44.5
Carrots	312	65.8
Cauliflower	144	30.4
Chayote	25	5.3
Corn	341	71.9
Cucumbers	290	61.2
Eggplant	100	21.1
Greens (collard, mustard, turnip)	107	22.6
Green Beans	241	50.8
Green Peas	175	36.9
Lettuce (all varieties)	346	73.0
Mushrooms	117	24.7
Okra	47	9.9
Onions	287	60.6
Peppers (Bell, green, yellow, orange, red)	270	57.0
Potatoes	375	79.1
Spinach	163	34.4
Summer Squash (yellow, zucchini)	123	26.0
Sweet Potatoes	166	35.0
Tomatoes	319	67.3
Tomatillos	39	8.2
Winter Squash (acorn, pumpkin)	61	12.9
Other	7	1.5

Grains

Participants who answered questions about grain consumption reported the following:

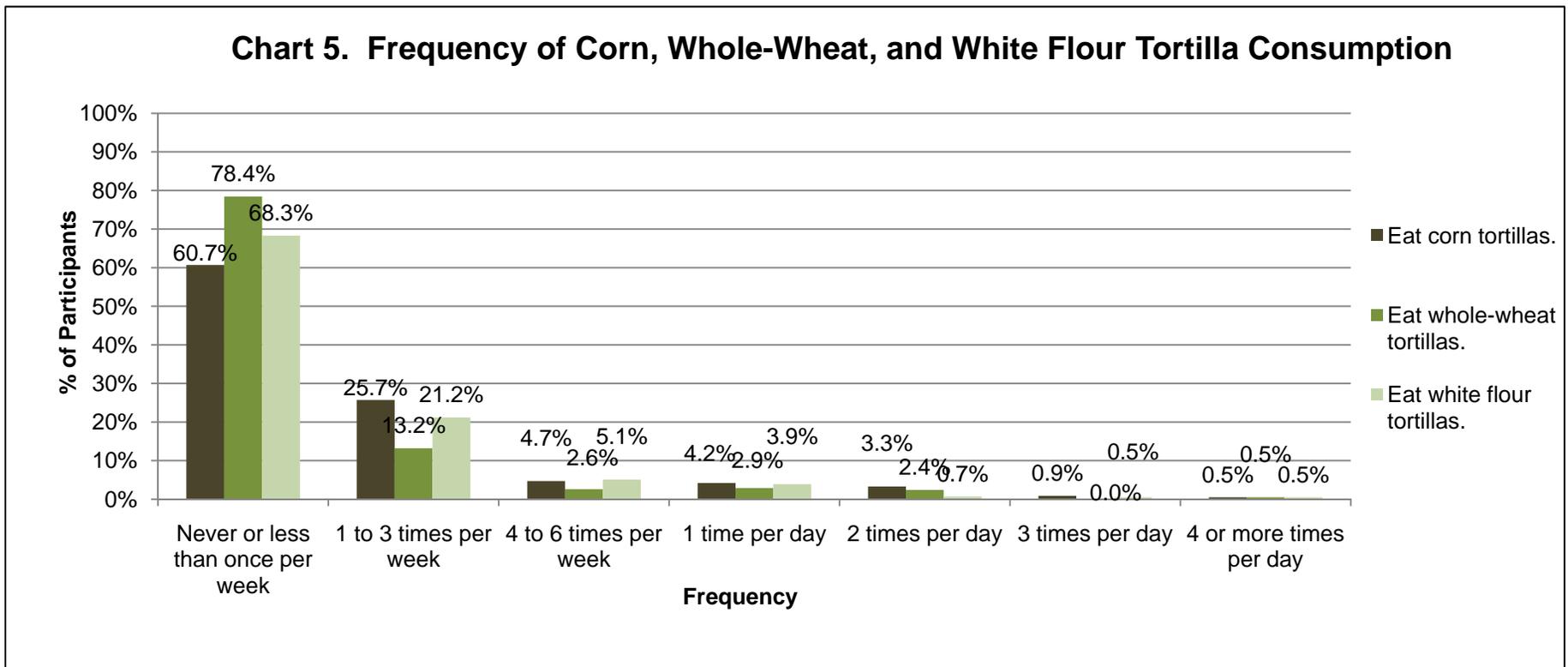
20. How many times do you:	Less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n = 418	257 (61.5%)	79 (18.9%)	27 (6.5%)	33 (7.9%)	15 (3.6%)	4 (1.0%)	3 (0.7%)
Eat oatmeal. n = 426	140 (32.9%)	168 (39.4%)	49 (11.5%)	44 (10.3%)	12 (2.8%)	6 (1.4%)	7 (1.6%)
Eat white rice. n = 425	66 (15.5%)	157 (36.9%)	84 (19.8%)	68 (16.0%)	25 (5.9%)	6 (1.4%)	19 (4.5%)

Participants were asked three questions about tortilla consumption. The questions are listed below, and participant responses are displayed in Chart 5.

21. How many times do you eat corn tortillas?

22. How many times do you eat whole-wheat tortillas?

23. How many times do you eat white flour tortillas?

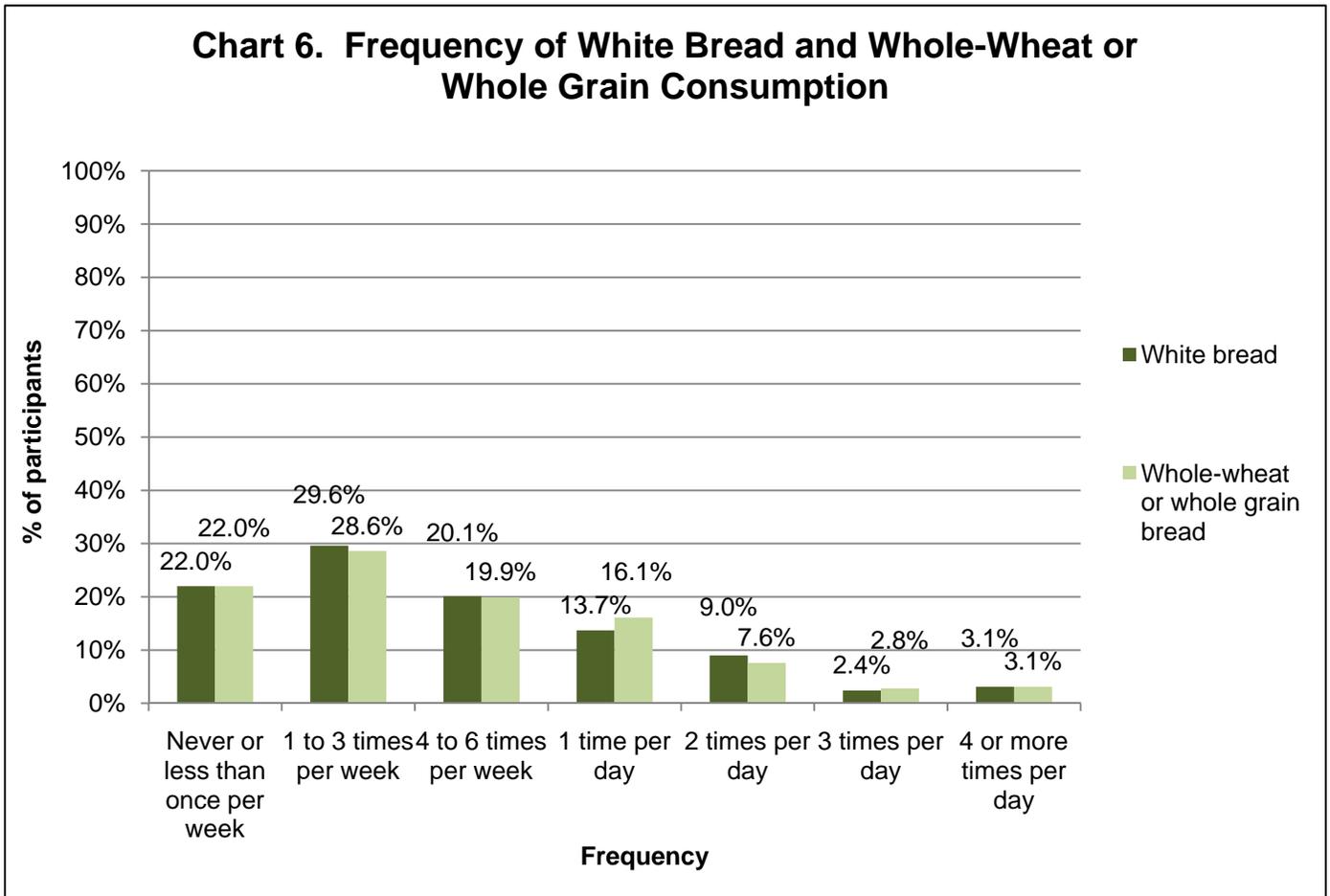


n = 425 for question 21, n = 416 for question 22, and n= 416 for question 23

WIC participants were asked the following two questions about consuming bread. Participants' responses are displayed in Chart 6.

24. How many times do you eat white bread?

25. How many times do you eat whole-wheat or whole grain bread?



n = 422 for question 24 and n = 423 for question 25